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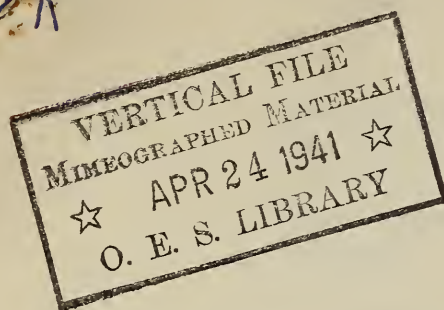


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UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE

WASHINGTON, D. C.

DIVISION OF COOPERATIVE EXTENSION



RECREATION NEWSLETTER



April 1941

Dear Fellow Workers:

Camps are not far off. Many of you probably have already met your committees and laid out your preliminary plans. I wish all of you could have shared with me the inspiration of the annual Conference of the American Camping Association, held in Washington last month. It would have fired your enthusiasm and sharpened your thinking. Values in camping were reemphasized, and the techniques being developed in this field were described and discussed.

The general theme was Getting Down to Fundamentals. Here are some of the high lights as I caught them.

Katherine Lenroot, Chief of the Children's Bureau, Washington, D. C., said that a part of the citizenship training children should receive is preparation for taking responsibilities, one of which is care for their own health and safety. These adjuncts to good living can be so presented to children, that they consider them as personal assets to protect and develop.

Respect for individual differences is basic in a democracy. Camp life offers exceptional opportunity for learning that other people are worth while, and for appreciating those whose ideas and ways may be different from one's own.

Year-round programs for children should be integrated. Experiences in school, home, church, club, and camp should supplement and enrich each other.

In discussing work camps, Kenneth Holland of the American Youth Commission presented four basic experiences he considers to have been important in the life of Abraham Lincoln.

1. His youth was spent in the wilderness, close to nature.
2. At an early age he began to work. By 18 he was an expert woodsman.





3. He had many life experiences and was a participant in community projects.
4. He associated with people of different races and classes.

Mr. Holland pointed out that such work camps as those being run under the Associated Junior Work Camps, Life Camps, and the CCC offer the same opportunities under natural conditions. He made a convincing plea for tree planting, dam building, the study of social problems, and other real life experiences as a part of our programs, and quoted statements from a study recently completed by the Commission to prove that youth prefer to feel that their time has been spent in needed work.

Dr. Margaret Lewis of the staff of Girl Scouts, Inc., New York, presented a strong plea for considering the importance of fatigue, rest, and sleep when programs are being set up. I wish that all program planners could have heard her, and that all adolescents might have an opportunity to visit informally with her. She pointed out that fatigue is not harmful if it is balanced with rest. When a strenuous morning is planned, a relaxing afternoon should follow. Adolescents should be protected against their own enthusiasm and seemingly boundless endurance.

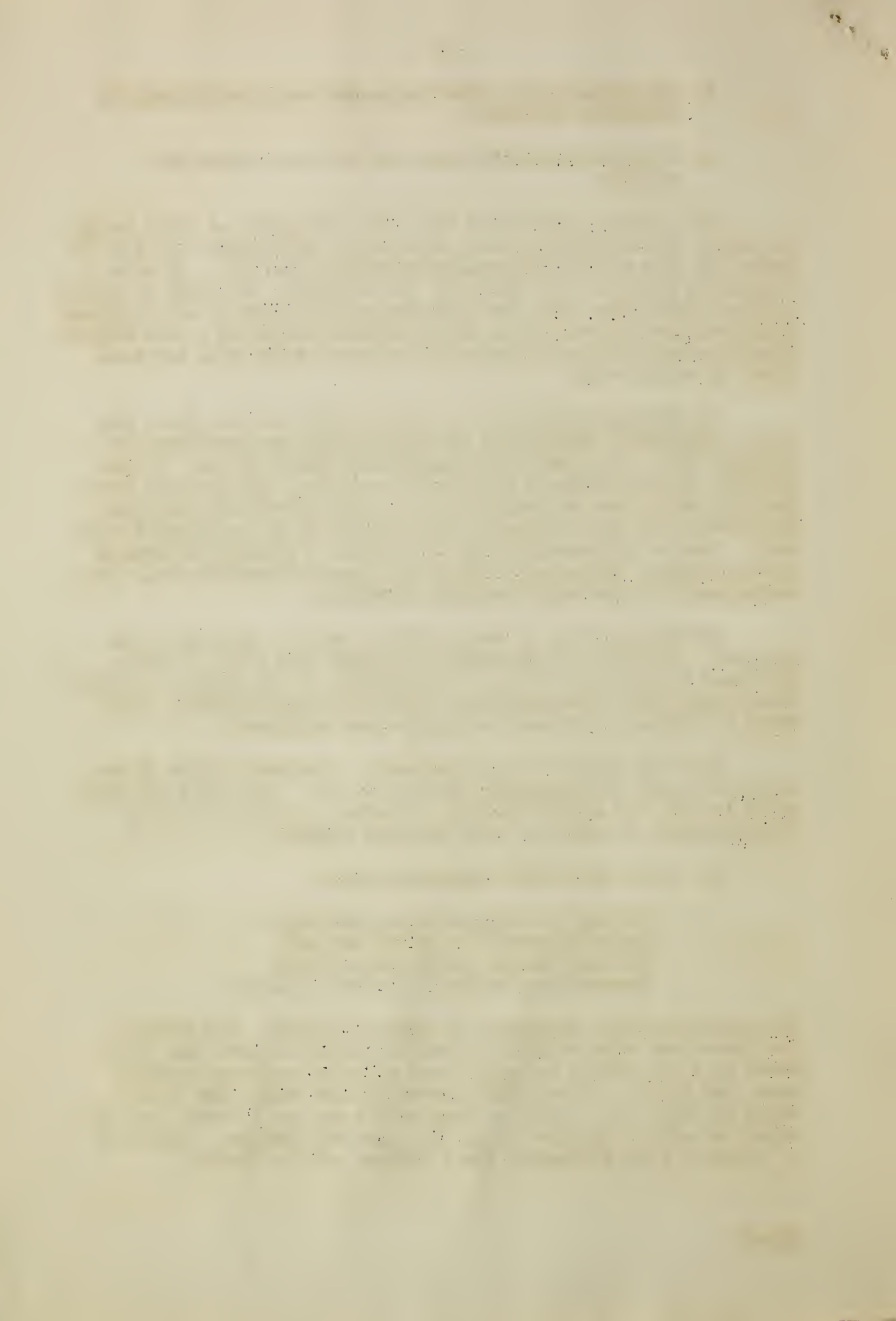
Weariness may be of three kinds - mental, emotional, and physical. Physical and emotional are found most often in camp. Emotional fatigue may be due to strangeness in the setting, unaccustomed group life, and uncertainty about one's own ability. All sorts of behavior difficulties result from weariness.

Rest and sleep are both necessary. Frequent period of relaxation should be planned for during the day. This does not mean going to bed, but merely slowing the tempo, quieting the group through music, a story, or some inactive interest.

Dr. Lewis quoted the anonymous verse -

If over the counter sleep were sold  
Pound by pound for silver and gold,  
How many people would wail and weep  
Because they could not afford to sleep!

She pointed out the importance of sleep to health. Two studies that have been made recently showed that after a quiet day, boys moved 80 times during the night, and after an exciting football game, 140 times. It was also discovered that when a boy lost 2 hours of sleep, the amount of work he did was not reduced, but the amount of effort required to do that work was doubled. Ten hours of sleep is a good standard for a camp to set for itself.



A comfortable bed, sufficient covers, no fear, a peaceful mind, and healthy fatigue produce sleep of good quality.

Slow down the program before bedtime.

Increase the amount of rest when the activity is increased.

#### Forest Service Camps

Do you know about the U. S. Department of Agriculture Forest Service camps? There may be one in your neighborhood. The regional forester can tell you. These camps house from 64 to 96 people in bunkhouses with a capacity of from 6 to 12 people each. The cost, without food, is \$1 a week for each camper.

The Forest Service has mimeographed a series of useful, brief bulletins, *Camping Hints in the National Forests* discusses such problems as mosquitoes, sleeping arrangements, and campfires, and will interest overnight hikers as well as long-time campers. *Cooking Over the Campfire* not only describes good things to eat but tells how to plan rations, select equipment, build a fire and use it. *What To Do When Lost in the Woods* is a page of excellent advice beginning "A clear head will find itself."

#### Miscellaneous Items

We live in a competitive world, and training in competition is good education \*\*\* There should be some system of awards for the failures who work hard but never win.

- Dr. Wm. S. Sadler, psychiatrist, W. K. Kellogg Foundation.

Replacement springs for camp cots are now available for about \$1 a cot. They are easy to use and seem both durable and comfortable. Address will be sent on request.

We never play baseball and have no real diamond in camp. Sometimes various versions of one-old-cat appear, but we try to stay away from familiar games that absorb a great deal of time and create competition between cabins.

We are for competition, especially the kind that leads a boy to compete against his own record. Our games are informal and fun.

- From a conversation with four directors of boys' camps.

The campers from the Girls' League of Pittsfield, Massachusetts, are going to try to find all of the materials for handicraft on the 167 acres that their Massachusetts camp occupies.

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TO THE FACULTY

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TO THE FACULTY



They plan to use vines, grasses, clay, wood, stone, and any other resources the campers can discover.

- Sophie Fishback, Director of the League.

The greatest thrill in life comes from creating, be the creation a simple pottery bowl or a masterpiece in painting. To make something from materials which they have never handled before opens the door to new worlds. For instance, the experience of first playing with clay, then working over it until it is something expressive of one's inner feeling, gives that which is needed in every normal child's development, and there is not a better place to acquire it than at camp.

- Ruth H. Kemp.

### From the Magazines

Wanted - A Camp Storyteller. Alice Manseur. Camping Mag., Oct. 1940, p. 8, Vol. XII, No. 7. An excellent practical article on the how, where, why, what, when, and by whom of storytelling in camp.

The Shepherd Pipe. Thomas Cory. Jour. Natl. Ed. Assoc. Vol. 29, No. 6, Sept. 1940, pp. 180. How to make and use pipes, their advantages and possibilities.

Boy's Hobby Creates Puppet Opera. Popular Science Monthly, Vol. 137, No. 4, April 1940, pp. 84-88. How puppets were made and an opera produced.

Leaf Prints for Art and Science. Hazel Seguin. School Arts. Vol. 40, No. 2, Oct. 1940, pp. 60-1, illus. A brief description with illustrations of how to make prints from leaves by spatterwork, veining, blueprints, and other methods.

### Books Costing \$1 or More

New Archery: Hobby, Sport, and Craft. Paul H. Gordon. 423 pp. D. Appleton-Century Co., New York. 1939. An excellent manual written in much detail and with great enthusiasm giving diagrams, photographs, and description of bows, arrows, targets, and accessories. A chapter on adapting archery to the camp program is included.

Outdoor Cooking. Brown, Cora L., Brown, R. J., and Brown, R. C. 506 pp. Greystone Press, Inc., N. Y., 1940. An excellent, comprehensive collection of recipes, advice, and encouragement that makes one long to follow the trail.

Camps - Log Cabins, Lodges and Clubhouses. F. E. Brimmer, 139 pp., illus. D. Appleton-Century Co., N. Y., 1925. A complete,

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practical handbook that covers every type of cabin, from one-room shacks to more pretentious log cabins, shanties, and log clubhouses. There are also chapters on the making of doors, window frames, fireplaces, chimneys, and rustic furniture. Drawings, plans, and photographs illustrate the text. The book includes choosing a site, deciding on the sort of building to construct, and the actual construction or overseeing of the building of the cabin or clubhouse.

Camp Management. 2d ed. H. W. Gibson. 304 pp., illus. Greenberg, Publisher Inc., New York. 1939. Seventeen chapters devoted to every phase of camping; not theory, but accepted practice in the fields of Leadership and counselors, Organization, Buildings and equipment, Sanitation, Food, Water safety, Camp spirit, Camp insurance, Cooperation of parents.

Fundamentals of Leathercraft. Ross C. Cramlet. Amer. Camping Assoc., 330 South State Street, Ann Arbor, Mich. A book for beginners giving detailed descriptions and instructions.

Approach to Music. Lawrence Abbott. 358 pp. Farrar and Rinehart, Inc., N. Y. 1940. A clearly written explanation of melody, harmony, rhythm, and counterpoint written in straightforward, entertaining style.

#### Books Costing Less than \$1

New Ideas for Handicraft Gifts. Elizabeth Varick. Home Institute, N. Y. Directions for making 31 articles of good design from odds and ends and left-overs.

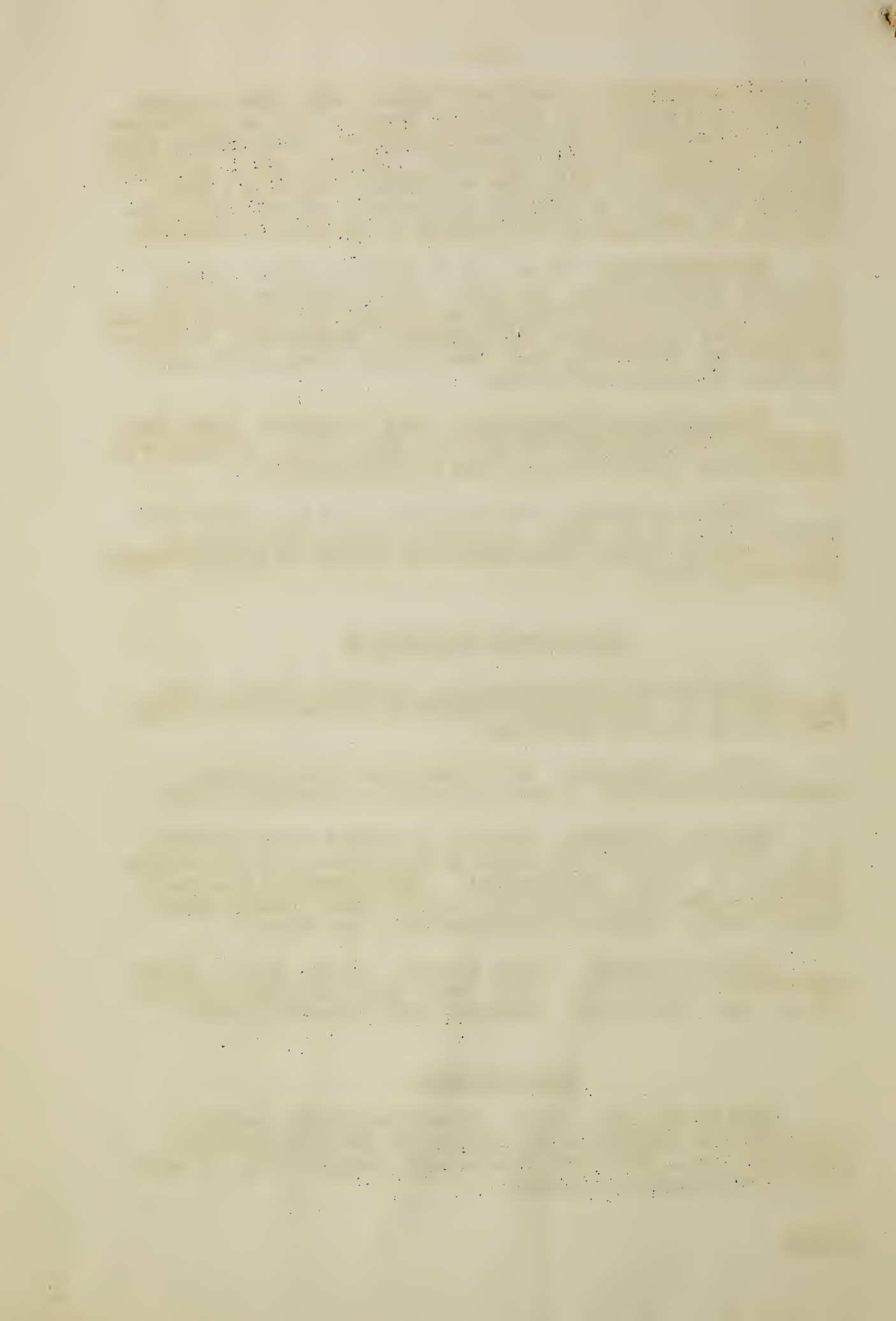
Talks to Counselors. H. S. Dimock and Taylor Statten. Association Press 1939. A small collection of practical wisdom.

American Folk Music. Compiled by Annabel Morris Buchanan. 57 pp. Order from Nat. Federation of Music Clubs, 320 Wait Avenue, Ithaca, N. Y. 1939. Mimeographed. Native American folk music including Anglo-American (English, Scotch, Irish), Indian, Negro, Creole, Canadian, Mexican, Spanish-American, and others.

Celluloid Etching. Albert Kosloff. pp. 31, illus. Waller High School, Chicago, Ill., 1940. Brief clear directions describing in detail how to etch a celluloid plate for making prints.

#### Motion Pictures

Land of the Free. 16 mm. All-talking picture available free except for transportation charges from the Wilding Picture Production, Inc., 7635 Grand River Avenue, Detroit, Mich. A half-hour story of America's progress.





Vanishing Herds, 2 reels on wildlife protection;

Blessings of Grass, 2 reels on grazing;

The Strength of the Hills, 1 reel on forest fire prevention;

Three sound films (16 mm. and 35 mm.) available free of charge through the Division of Extension Information, U. S. Dept. Agr., Washington, D. C.

Films, Inc., 330 West Forty-Second Street, New York City, has a free catalog, "Americana Films," listing pictures that fit into democracy and citizenship programs.

American Film Center, Inc., Rockefeller Plaza, New York City, has produced, in cooperation with the Universal School of Handicrafts, a series of six 1-reel instructional films on handicraft and manuals for use with them. They include Marionettes, construction and manipulation; Loom Weaving, Decorative Metal Work, and Leather Work.

Ideal Pictures Corporation, 28 East Eighth Street, Chicago, Ill. Complete set of catalogs of 16-mm. sound and silent pictures include nature study, citizenship, and well-selected long features.

A few games are enclosed that have been popular with groups I have met this winter.

I hope your camp plans are making good progress and that a successful season lies ahead for all of you.

Cordially yours,

Ella Gardner,  
Recreation Specialist.

Enclosure

